

A Roadmap for
Launching a

Food Farmacy Program



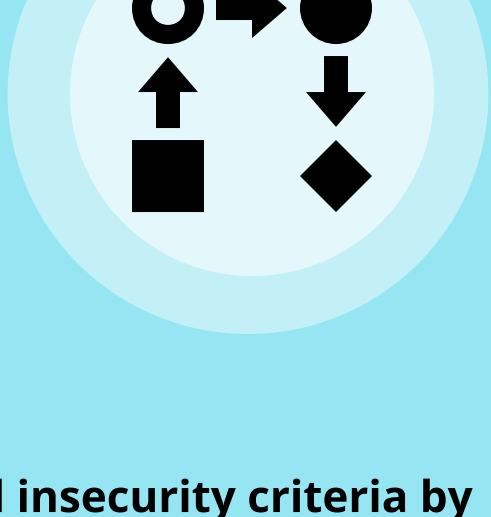
Results from 2021, Southern Peigan Health Center and O'yó'óp' (FAST Blackfeet) Food Pantry

Project Goals:

- Helping food insecure patients with diagnosed high blood pressure (HBP) or high cholesterol (HChol) access healthier food resources through a local food pantry.
- Establishing team-based care workflows to improve patient health outcomes.

1

Establish Identification Criteria for Patient Population



Patient meets food insecurity criteria by answering True or Sometimes True to either or both of these questions*:

1. In the last 12 months, we worried whether our food would run out before we got money to buy more.
2. In the 12 months, the food we bought just didn't last, and we didn't have money to get more.

*The Hunger Vital Sign Questionnaire

Patient meets HBP or HChol criteria by diagnosis or recent high values:

- Refer qualifying patients to:**
- Food Bank for food box project.
 - The public health nutritionist at Indian Health Service (IHS)

2

Develop a Workflow that Works for All Partners



Establish patient screening

- See above

Establish a referral and tracking process

- Give qualifying patient a referral sheet with pantry and food pick-up information.
- Health center:
 1. keeps Excel spreadsheet to track referred patient data.
 2. calls pantry and gives pantry manager or dietitian patient name and phone number.
 3. faxes patient referral to IHS Blackfeet Community Hospital public health nutritionist for medical nutrition therapy.
- At Hospital, nutritionist enters data into EHR, notifies primary care physician to approve referral.

Establish food delivery system

- Dietitian contacts patient if they don't come in within a week.
- Food box contents based on DASH diet guidelines, contains 1 week of food for 1 person
- When patient picks up box, staff tell them about the food pantry, provide recipes.
- Food pantry staff call Hospital 1x/week to report patients who have picked up box.
- Refer to "[Foods Banks as Partners in Health Promotion](#)" for HIPAA compliance issues.

3

Make the Journey Easier: Points to Consider



Communication

- Build trust through finding ways to maintain regular communication to build a strong working relationship. Consider all partners' schedules, staffing, and program priorities.
- "Seamless communication...requires constant attention."

Technology

- Agree to use platforms that are most comfortable for all partners and will help with communication and record-keeping and maintain HIPAA guidelines

Food Sourcing

- Food pantry staff may need to find new sources for required DASH Diet foods. Check current order requirements and alternate partners (e.g., suppliers to schools).

Patient Uptake

- Might be slow. A follow-up call can help.

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Share Results and Promote Project



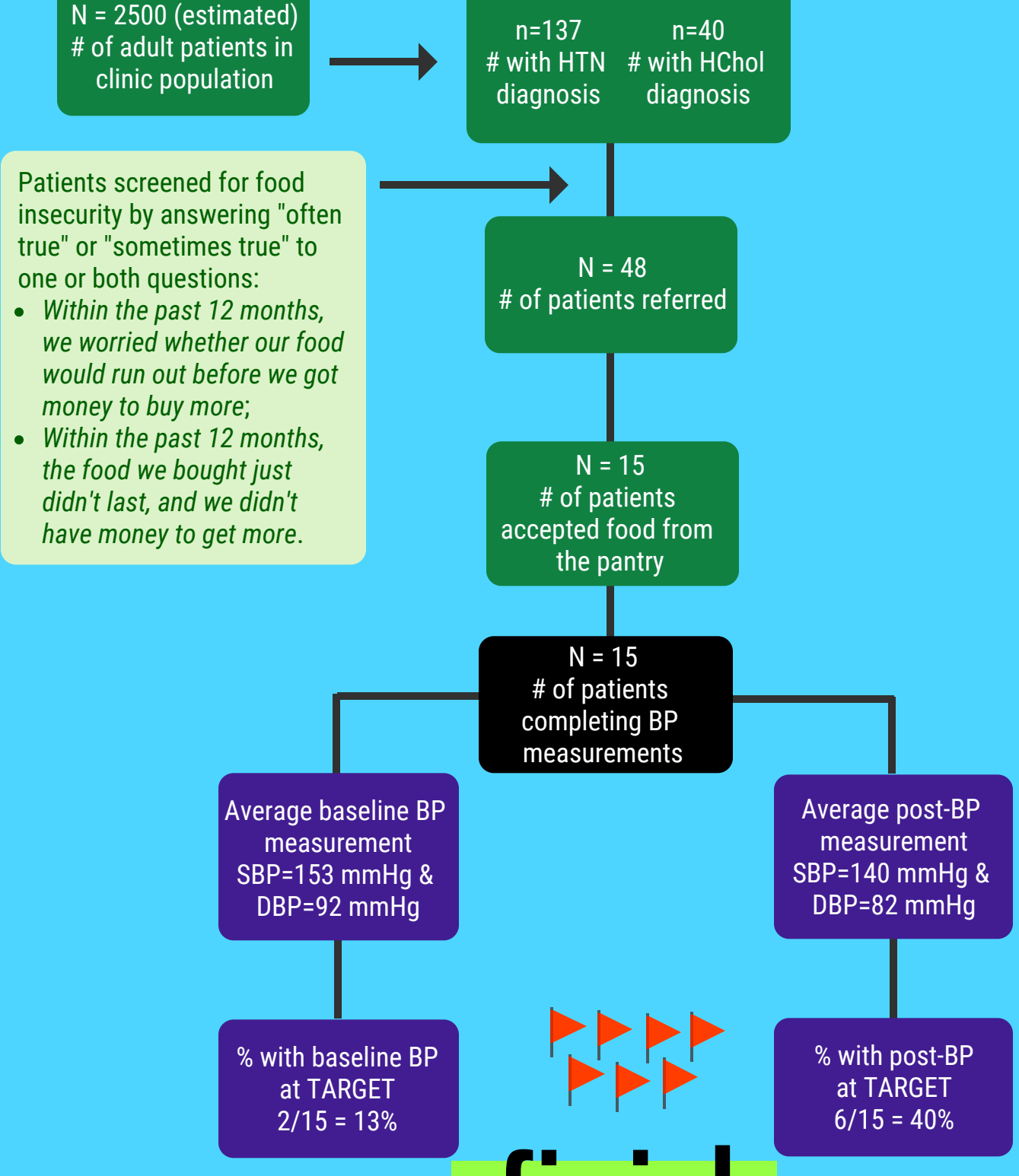
Patients

- Felt empowered by a team caring for their health
- incentivized participation in their health improvement

Team

- Project was a great chance to build a community health team and expand health resources for patients.

See the great results below!



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